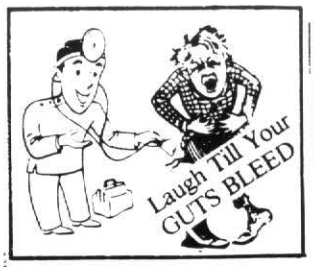
MILK
6th
John Britton

## SEE ANOTHER DIMENSION ON YOUR TV

Fear THE STARK FIST OF REMOVAL no longer! Become PHYSICALLY ATTRACTIVE — overnight! Attain STATUS — LUCK — PROSPERITY by *blowing them off!*




**Develop Fearsome Defensive POWER**

temporary help

structural design, material

ing.

HEY! QUIT KICKING THAT SAND IN OUR FACES!
THAT MAN IS THE WORST NUISANCE ON THE BEACH
LISTEN HERE... I'D SMASH YOUR FACE... ONLY YOU'RE SO SKINNY YOU MIGHT DRY UP AND BLOW AWAY
THE BIG BULLY! I'LL GET EVEN SOME DAY
OH DON'T LET IT BOTHER YOU, LITTLE BOY!
DARN IT! I'M SICK AND TIRED OF BEING A SCARECROW! BUCK SAYS HE CAN GIVE ME A REAL BODY. ALL RIGHT! I'LL GAMBLE A STAMP AND GET HIS FREE BOOK!
BOY! IT DIDN'T TAKE LONG TO DO THIS FOR ME! WHAT MUSCLES! THAT BULLY WON'T SHOVE ME AROUND AGAIN!
THERE'S THAT BIG STIFF AGAIN, SHOWING OFF IN FRONT OF GRACE AND THE CROWD. WELL IT'S MY TURN THIS TIME!
OH, MAC! YOU ARE A REAL MAN AFTER ALL!

## HOW TO FOOL THE AUTHORITIES

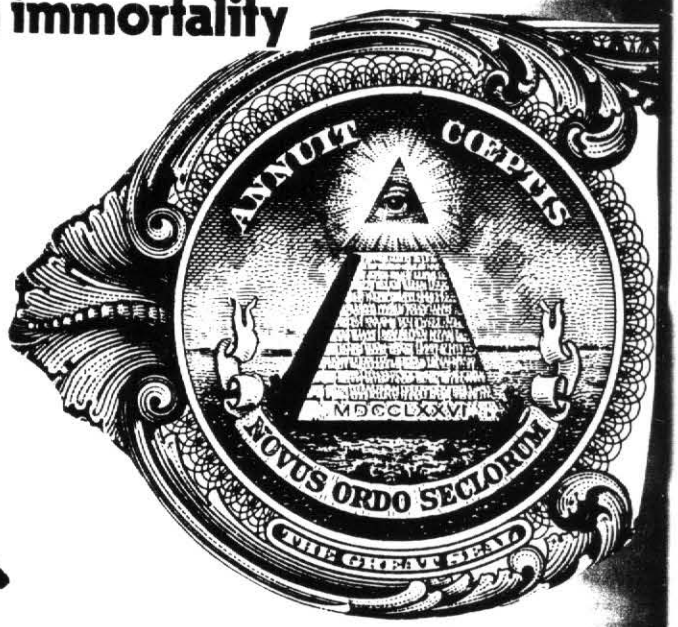
**IN GOD WE TRUST**

## YOUR ONLY LOGICAL CHOICE

NOW CONTACT ALIENS

**An experiment with immortality**

# THE ORDER OF BUCK

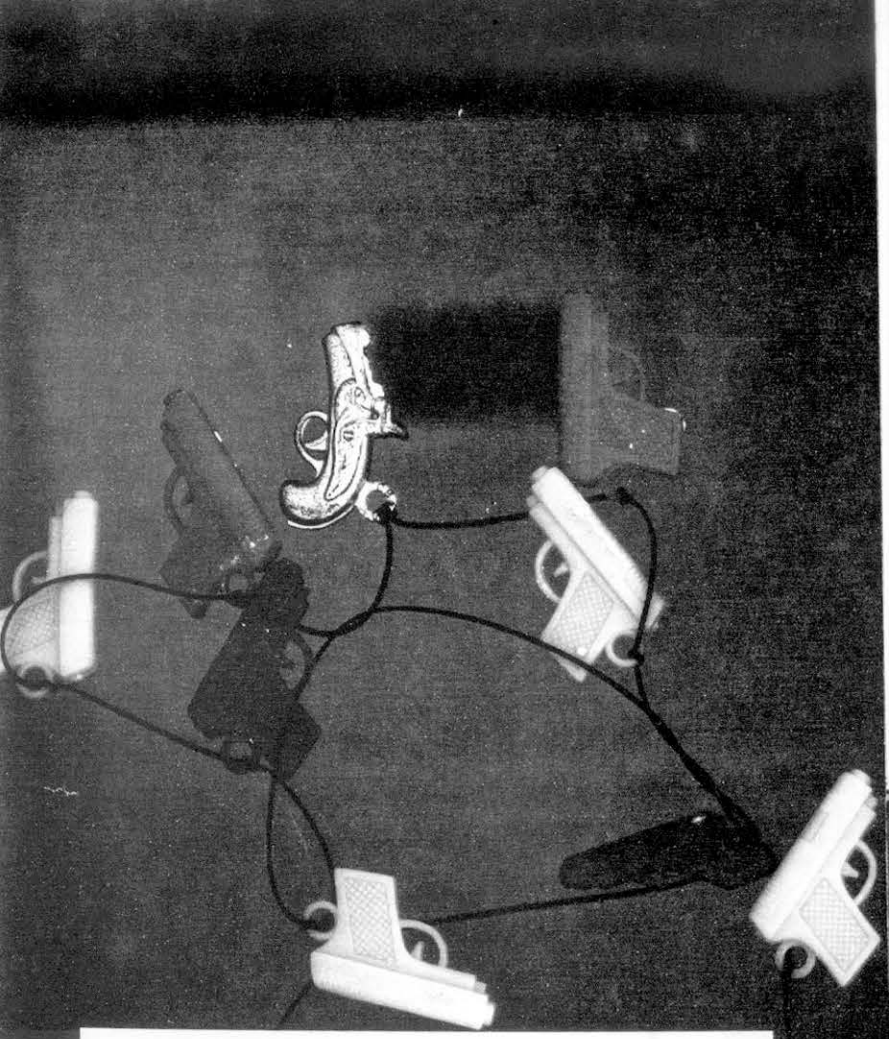


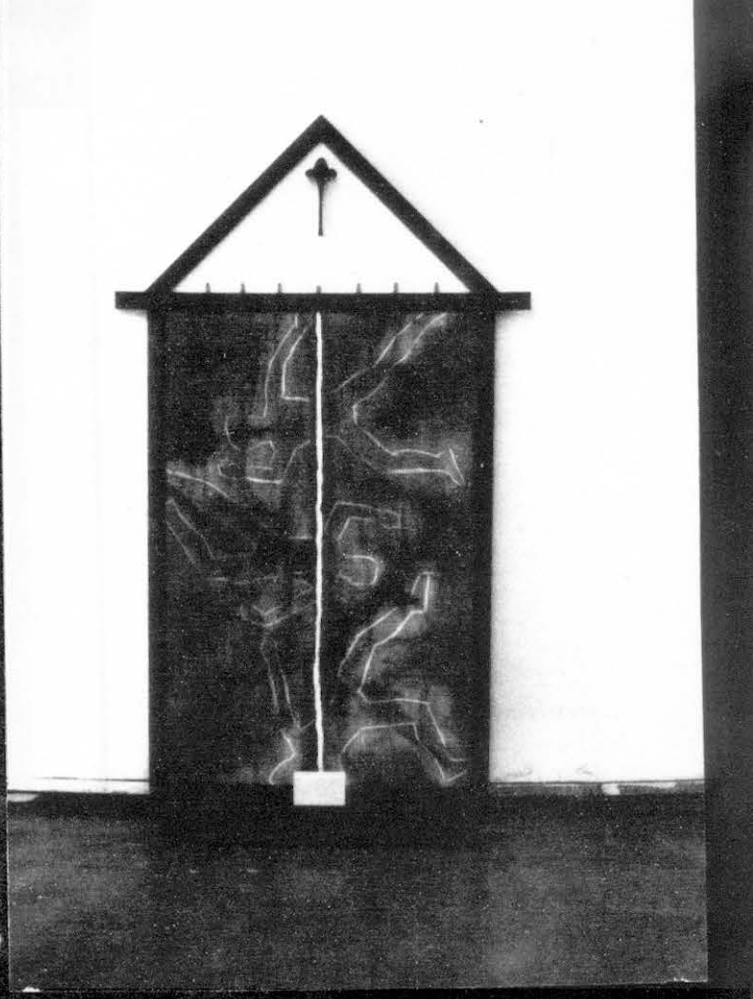

Achieve SHEER GUT BLOWOUT.

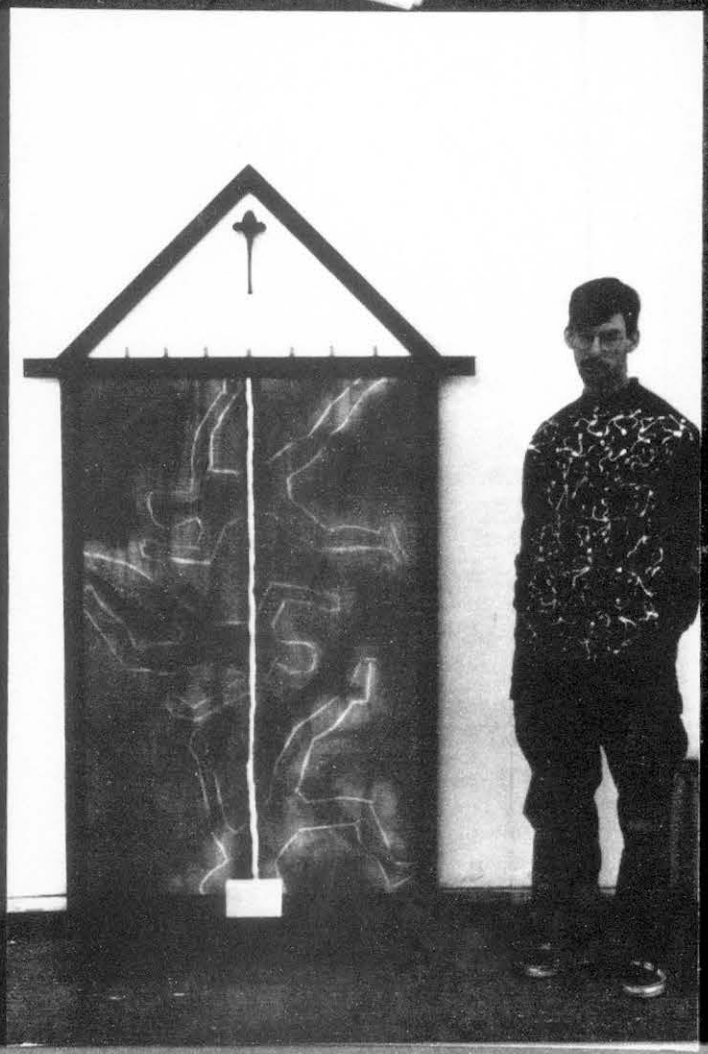
you'll remember the pleasure of good food!

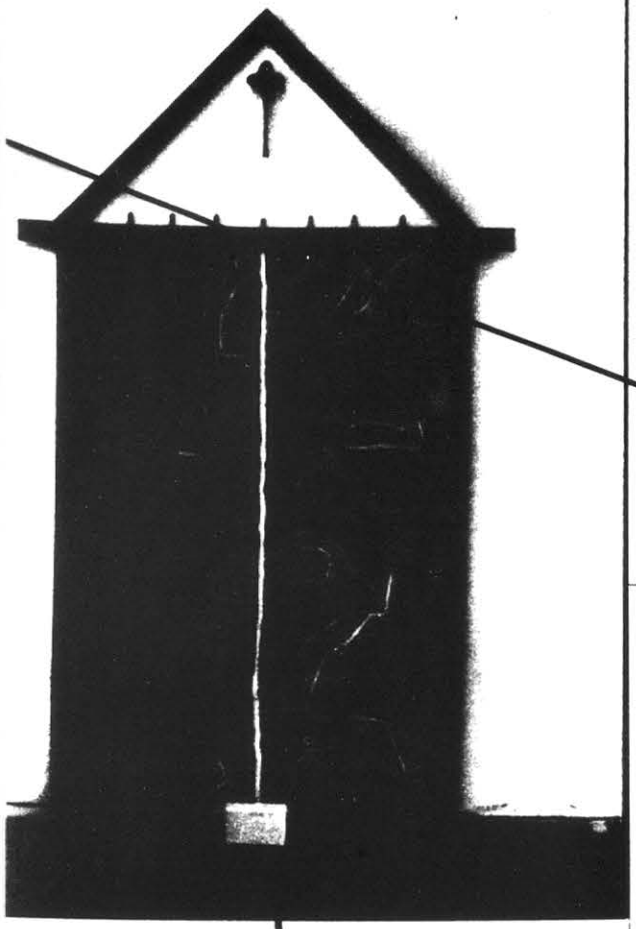
## A SAFER WAY TO EAT

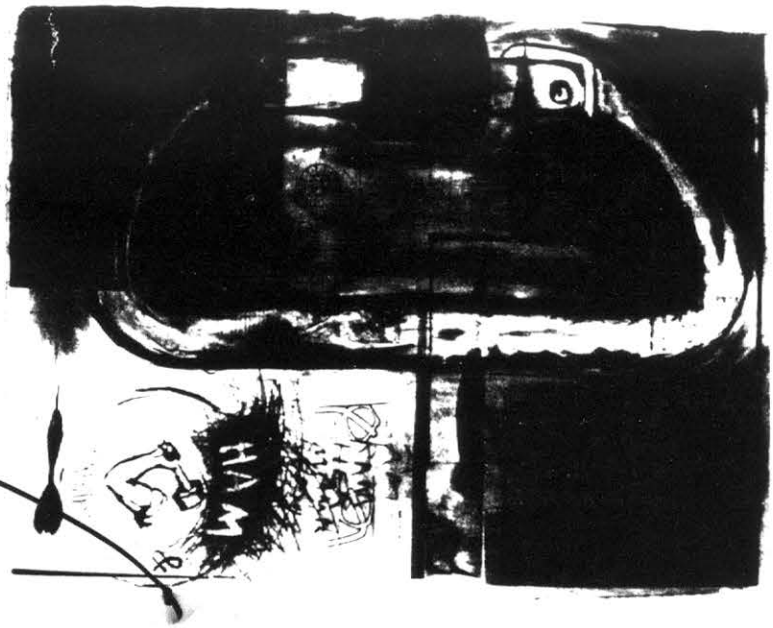
# Legions of hell







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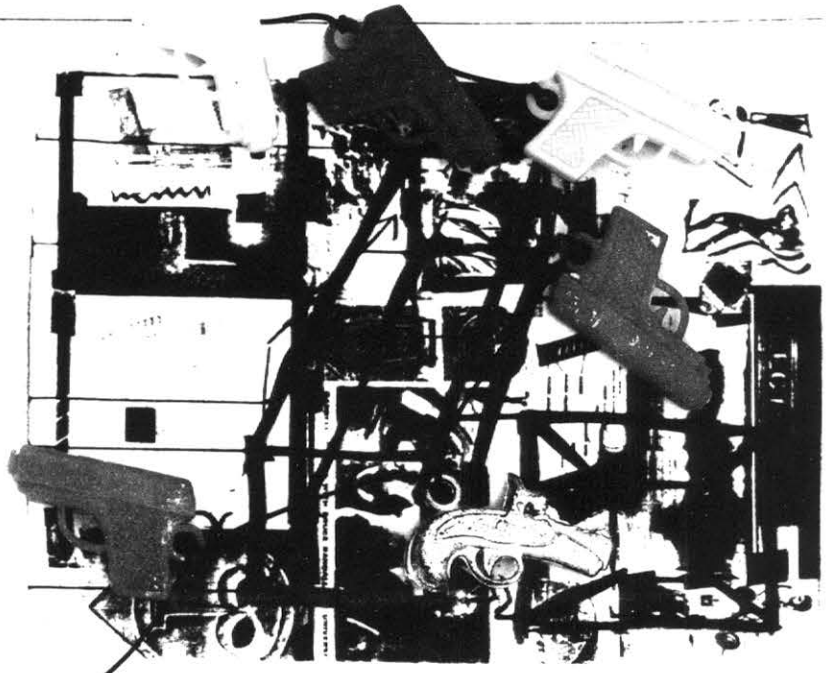

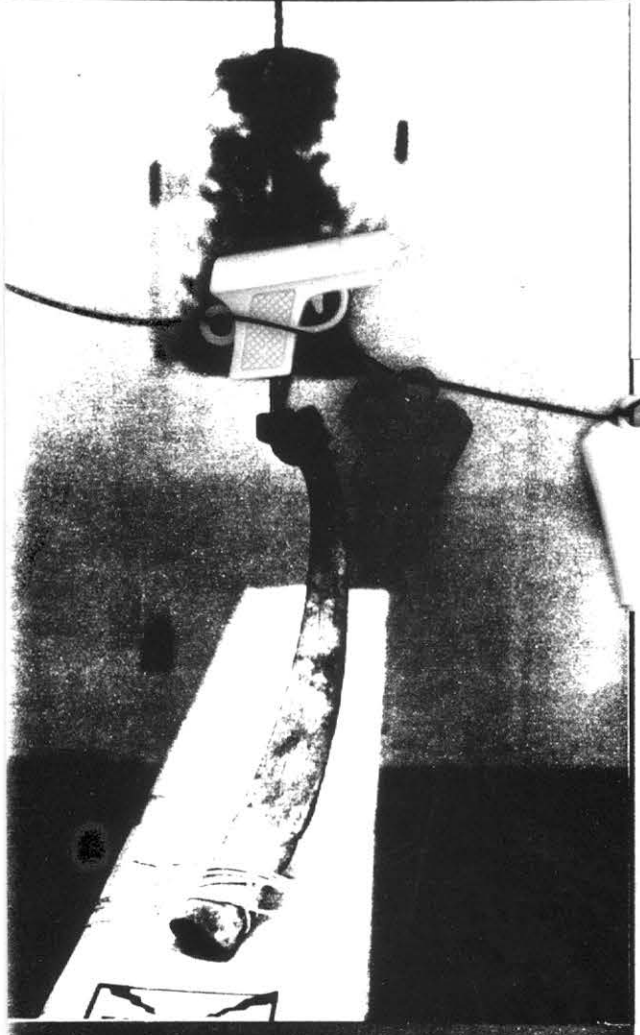

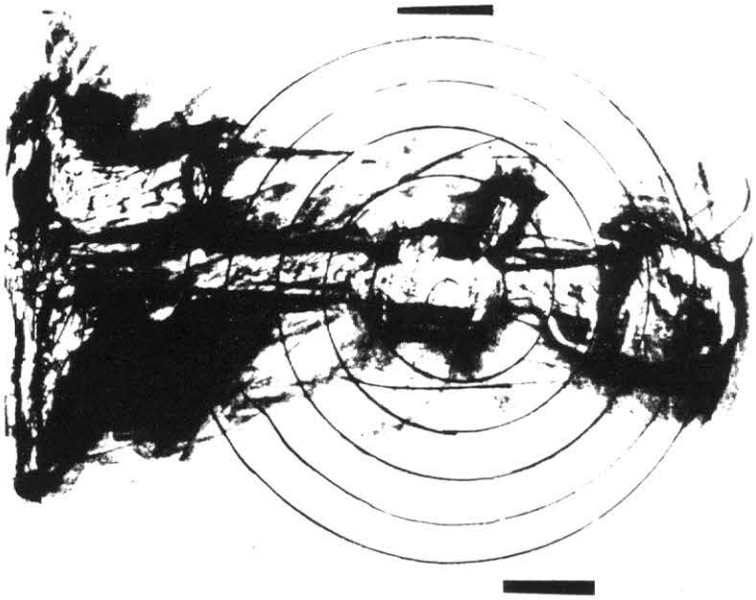

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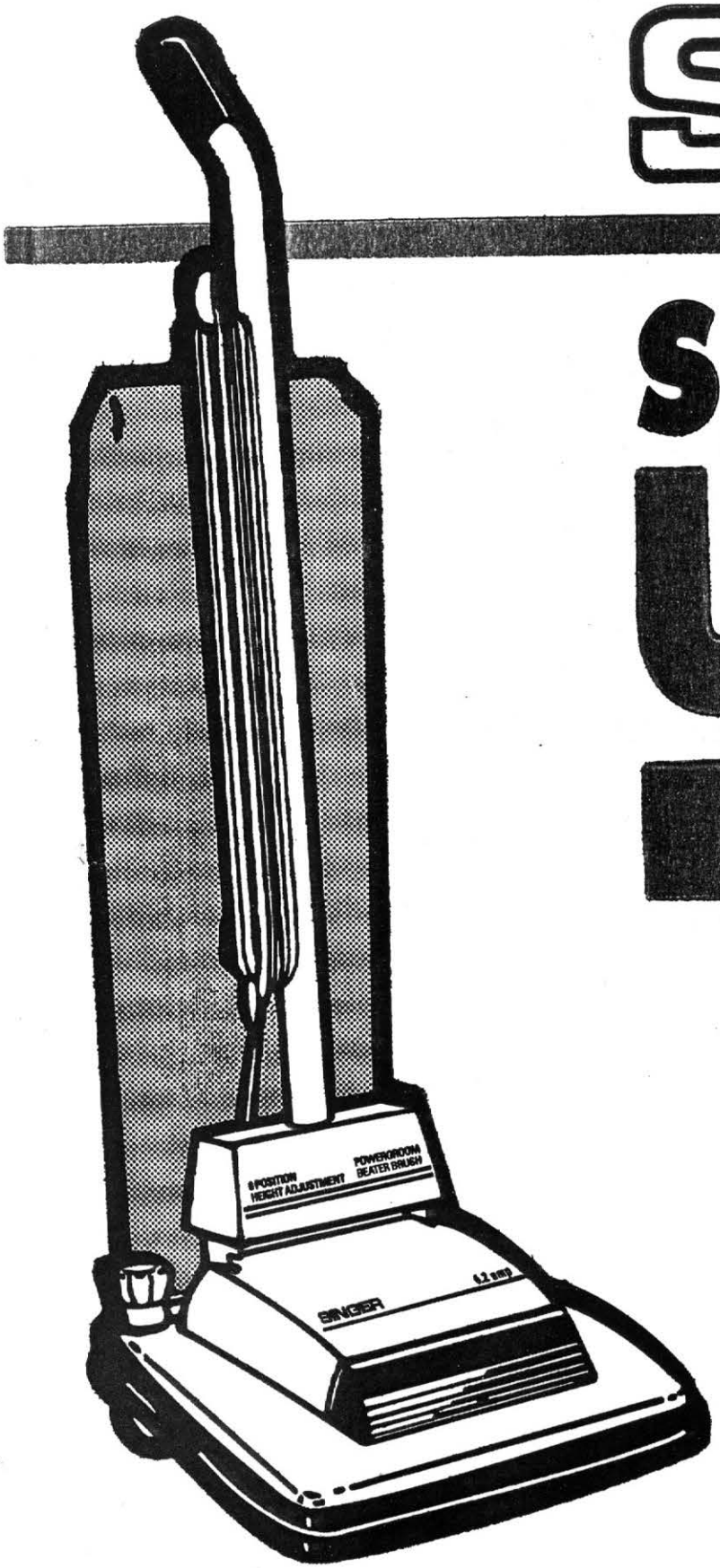


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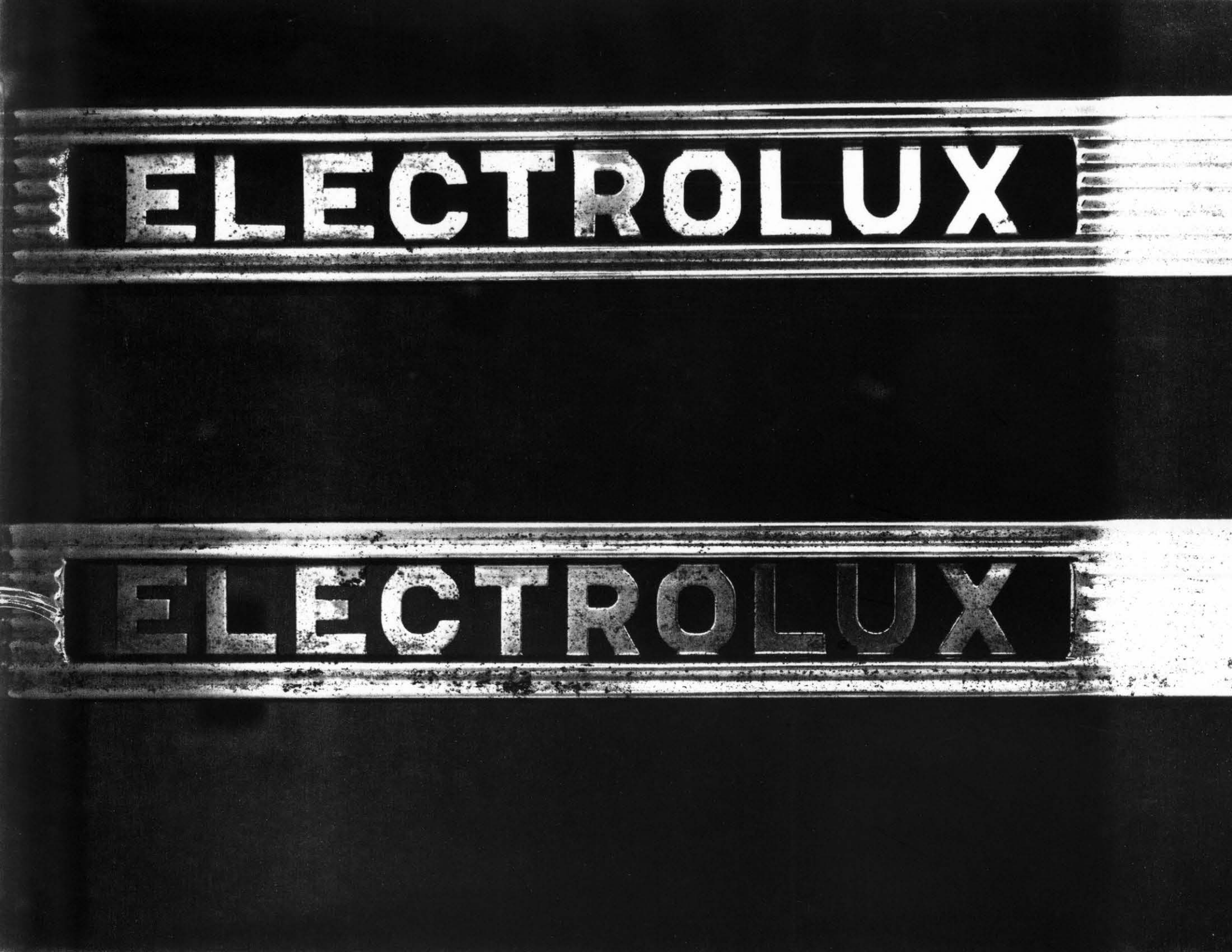
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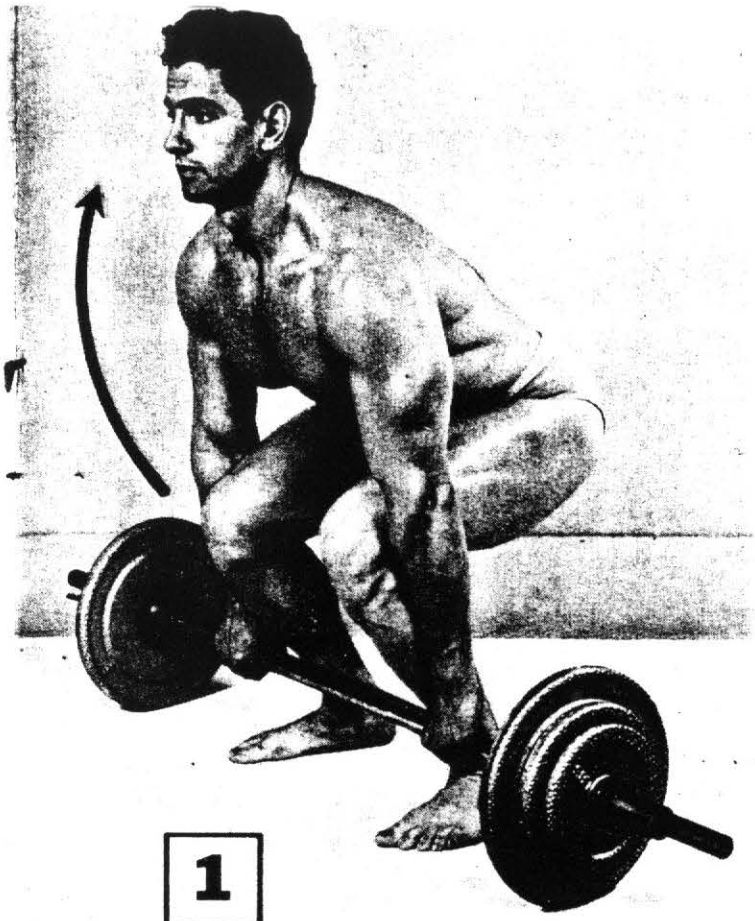


1

2

# My Pal!

# Stop being a SKINNY Weakling like I was

IN 10 MINUTES of FUN A DAY YOU CAN DO ALL I DID

## GAIN 25 lbs. of HANDSOME POWER-PACKED MUSCLES all over!

## IMPROVE YOUR HE-MAN LOOKS 1000%

## WIN NEW STRENGTH

for money-making work!
for WINNING at all SPORTS!

## WIN NEW POPULARITY

Win NEW FRIENDS, BOYS & GIRLS
NEW CHANCES for BUSINESS SUCCESS

Win $100 as I just did!

How did I do ALL This? I mailed the Coupon and got These 5 PICTURE PACKED HE MAN COURSES Which YOU can NOW get FREE

BEFORE $1 PRICE GOES BACK
Millions Sold for $1

YOU CAN WIN a BIG 15" SILVER CUP as I just did! with YOUR NAME engraved on it!

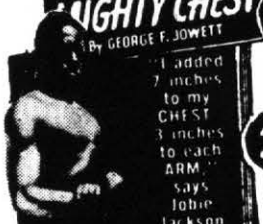


JIM NORMAN
AFTER
He Mailed Coupon
Below is Cleveland
BEFORE
He Mailed Coupon

He says, I gained 70 lbs. of mighty muscle

HOW TO MOLD A MIGHTY CHEST By GEORGE F. JOWETT

1




HOW TO MOLD A MIGHTY ARM By GEORGE F. JOWETT

2

HOW TO MOLD A MIGHTY BACK By GEORGE F. JOWETT

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HOW TO MOLD A MIGHTY GRIP By GEORGE F. JOWETT

4

HOW TO MOLD MIGHTY LEGS By GEORGE F. JOWETT

5

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PHOTO BOOK

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Mail Coupon in Time for FREE offer and PRIZES!

"I'm PROUD to be seen with Jim NOW! Everybody admires his build," says Nellie. "Jim can lift the front of a 2700 lb. car. He amazes his friends!"

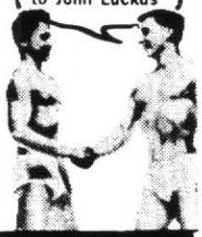
You'll be A Real ATHLETE in ALL SPORTS Soon after YOU mail Coupon.

Jim is a WINNER in ALL SPORTS NOW. YOU will be, too, soon.

2 COME ON, PAL, NOW YOU give me 10 PLEASANT MINUTES A DAY IN YOUR OWN HOME like Jim did and I'll give YOU A NEW HE-MAN BODY for your OLD SKELETON FRAME

NO! I don't care how skinny or flabby you are I'll make you OVER by the SAME method I turned myself from a wreck to the strongest of the strong. Why can't I do for you what I did for MANY THOUSANDS of skinny fellows like You?

"Congratulations, John! At last you mailed the coupon as EVERY MAN should. Soon You'll be as big and strong as I am," says Jim Norman to John Luckus



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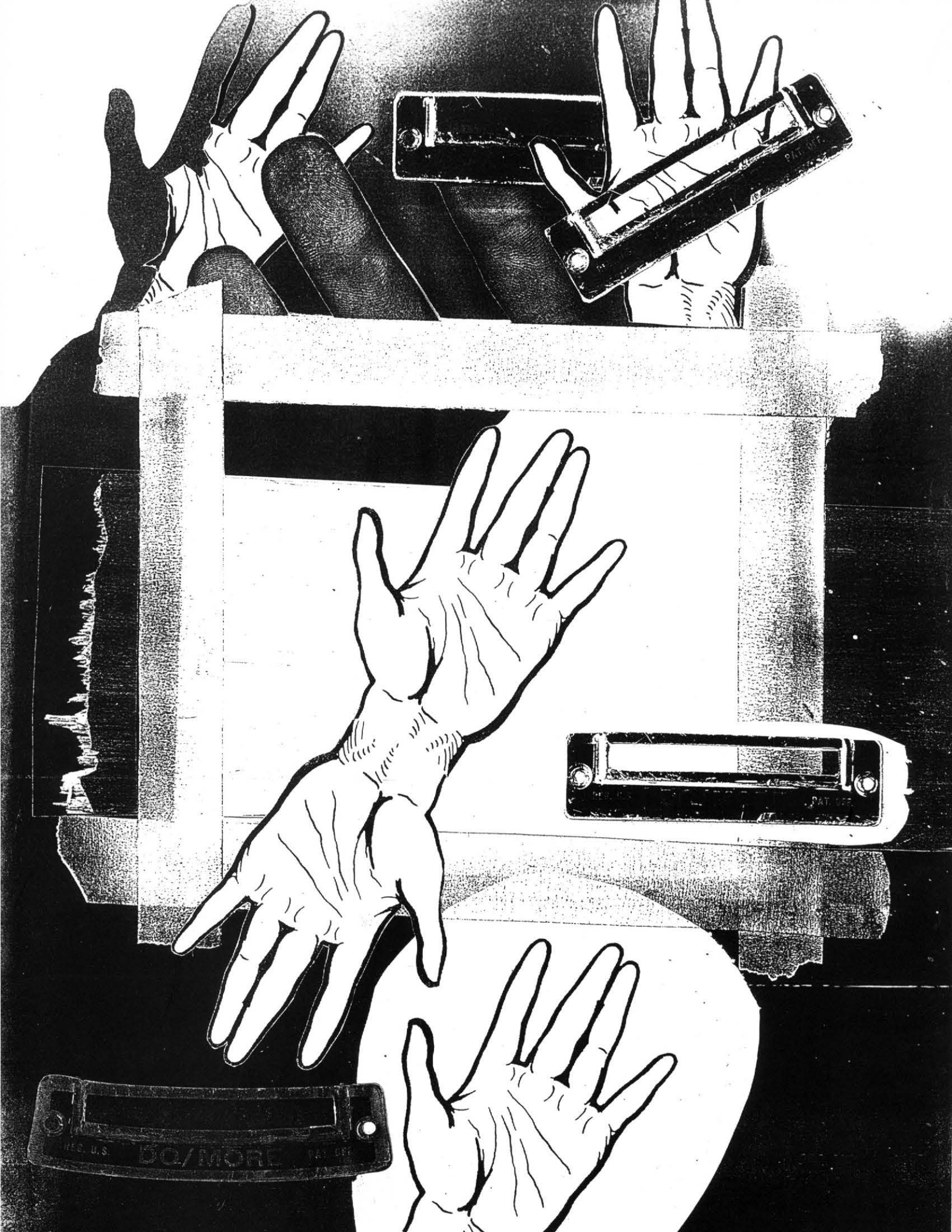
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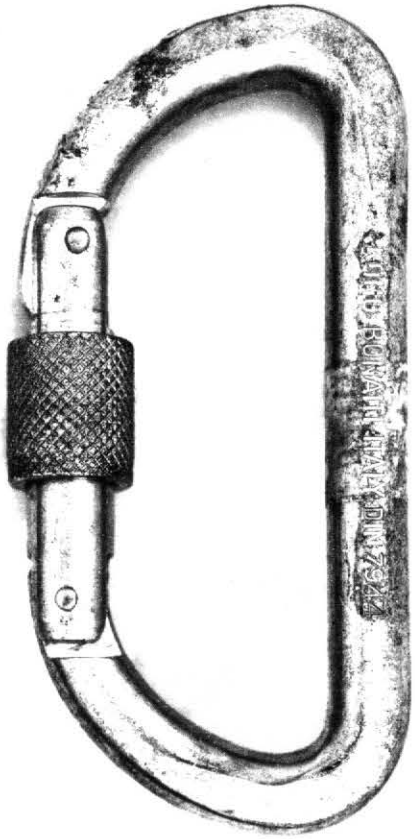


FIGHTS PLAQUE

ARM & HAMMER

NET WT. 5 OZ.

FIGHTS PLAQUE

ARM & HAMMER

NET WT. 5 OZ.

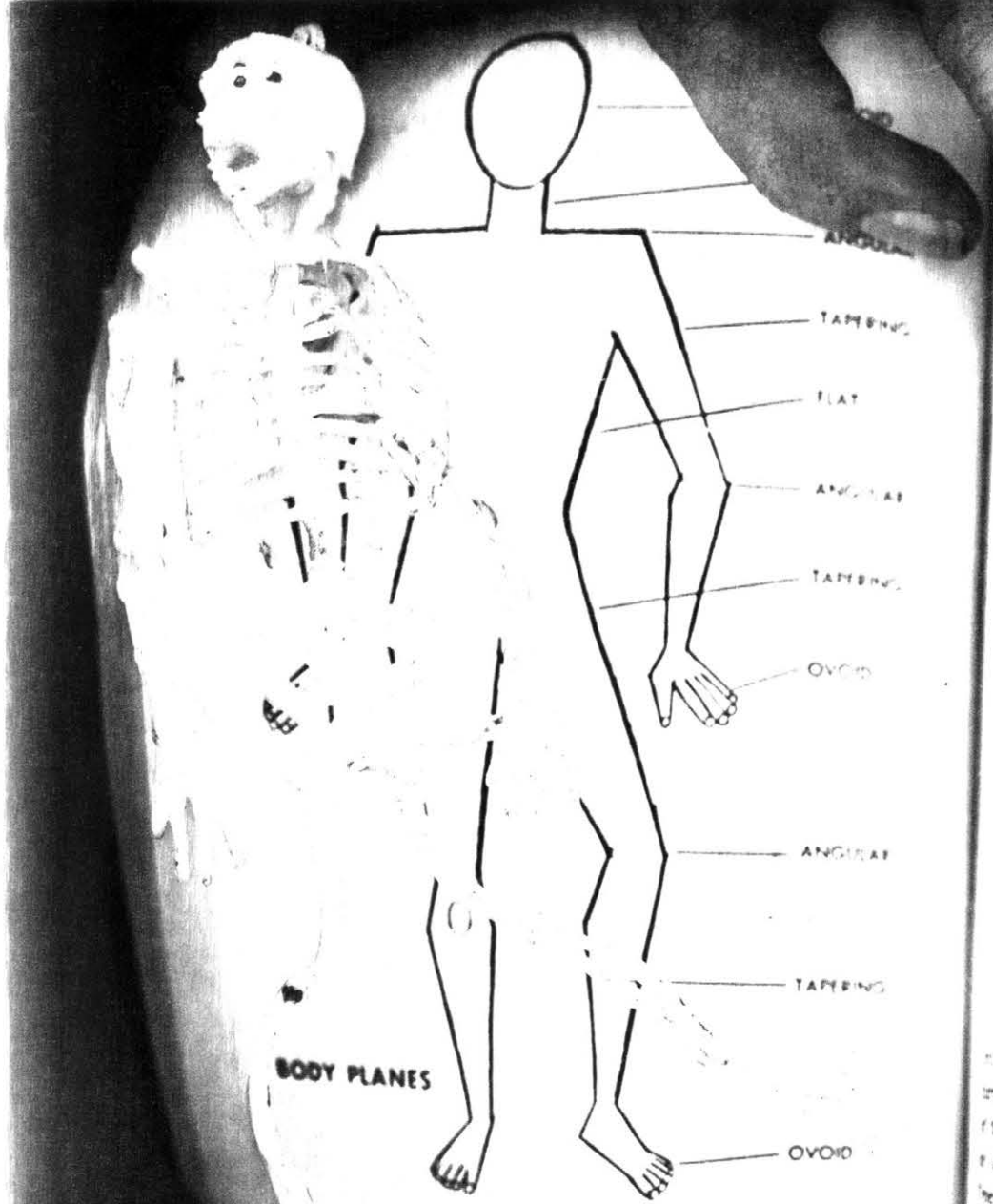



Fig. 36 The body planes.



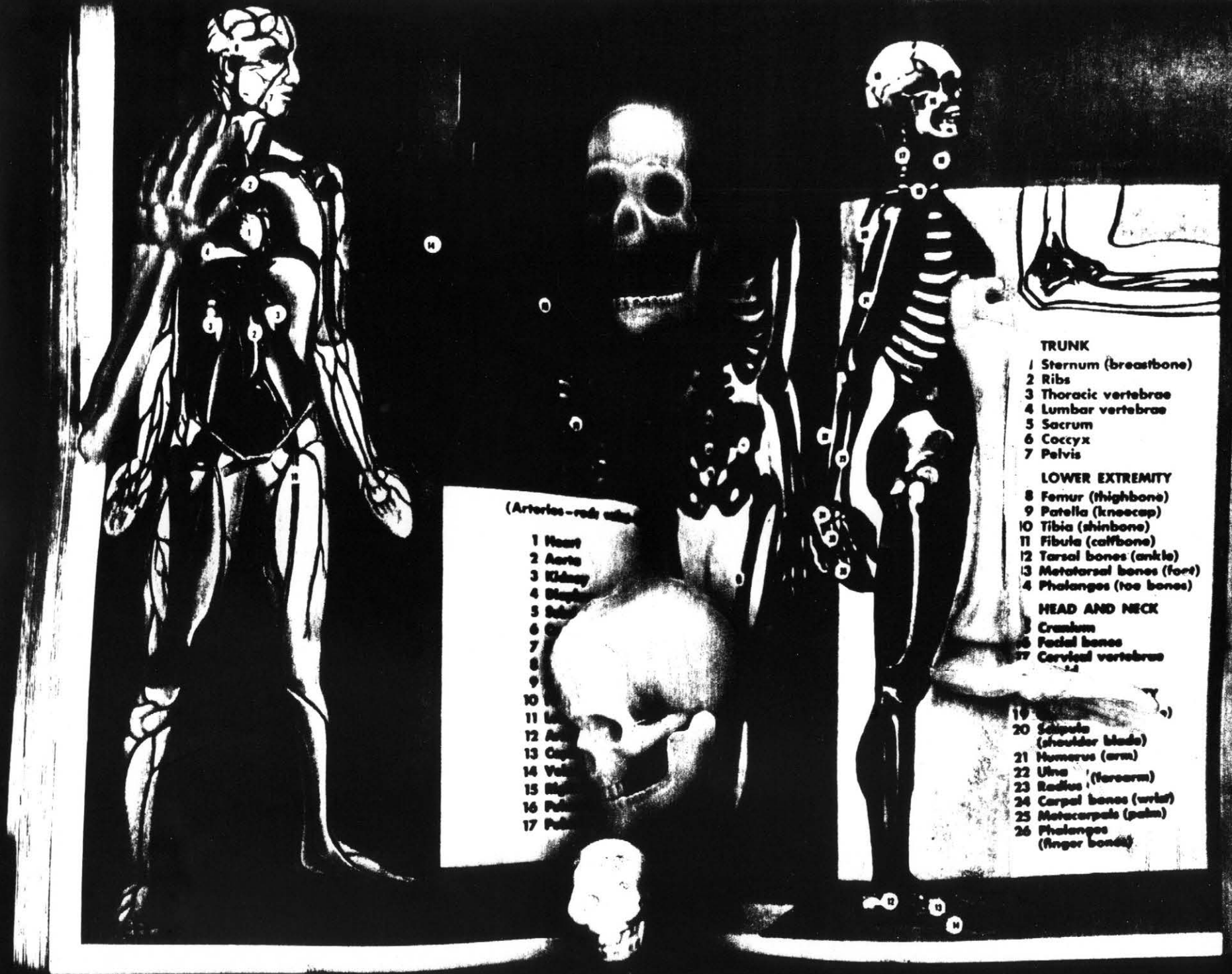
### The Circular Turn

turns simply encircle the part with each layer superimposed on the previous one. It is the simplest of all bandage turns. However, its use is limited to covering parts of uniform width, such as the toe, neck, and head.

Fig. 37 The circular turn.

### Spiral Turns

Spiral turns are those directed obliquely to the long of the part. They are called "closed" spiral turns if each of bandage overlaps *one-third* to *one-half* the width the preceding one. There should be no visible areas of skin dressing between the turns of a closed spiral bandage. or coarse spiral turns are oblique turns with a greater measure of obliqueness than closed spiral turns; no turn


TRUNK
1 Sternum (breastbone)
2 Ribs
3 Thoracic vertebrae
4 Lumbar vertebrae
5 Sacrum
6 Coccyx
7 Pelvis
LOWER EXTREMITY
8 Femur (thighbone)
9 Patella (kneecap)
10 Tibia (shinbone)
11 Fibula (calfbone)
12 Tarsal bones (ankle)
13 Metatarsal bones (foot)
14 Phalanges (toe bones)
HEAD AND NECK
Cranium
Facial bones
Cervical vertebrae
20 Scapula (shoulder blade)
21 Humerus (arm)
22 Ulna
23 Radius (forearm)
24 Carpal bones (wrist)
25 Metacarpals (palm)
26 Phalanges (finger bones)

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